



North Hinksey Parish Council

Local COVID-19 and winter support

PLEASE don't worry or take risks, local and national support available for you!

Check the latest government advice: www.gov.uk/coronavirus

- **Keep washing your hands regularly**
- **Wear a face covering in enclosed spaces**
 - **Stay at least 2m apart**

Download the NHS COVID-19 app on your smartphone

Local help & support

shopping, prescriptions, a friendly chat and more:

Botley Responders:

Email: BotleyResponders@gmail.com

Website: northhinksey-pc.gov.uk/covid-19-community-hub/

Cumnor COVID-19 Group:

Email: Cumnorcommunity@gmail.com

Trish: 07954 586611 Em: 07794 012306

Niki: 07825 543325

Oxfordshire County Council

Support for vulnerable and 'at risk' people:

01865 89 78 20 (8:30am to 5pm Mon to Thurs, 8:30am to 4pm Fri)
or email shield@oxfordshire.gov.uk

Vale of White Horse District Council

Support for those in need (not high risk):

01235 422600 (8:30am to 5pm Mon to Thurs, 8:30am to 4:30pm Fri), or email communitysupport@southandvale.gov.uk

Oxford Together

Request support for yourself or someone else – just fill in a simple form:

<https://forms.oxfordtogether.org/support-form> or phone: 07957 105129
(9am-5pm Mon-Fri)

NHS Volunteer Responders:

Request support during shielding, self-isolating, or caring: 0808 196 3646

(8am to 8pm, 7 days a week)

<https://nhsvolunteerresponders.org.uk/services>

Local and national helplines

Full list at www.oxfordshireallin.org/help-in-crisis

Age UK Oxfordshire Helpline:

01865 411 288

www.ageuk.org.uk/oxfordshire

Childline: free and confidential helpline

0800 1111 www.childline.org.uk

Samaritans: 116 123

Mental Health 24/7 helpline:

Adults: 01865 904 997

Children & young people: 01865 904 998

Oxfordshire Mind: 01865 247788

Oxfordshire domestic abuse helpline:

0800 731 0055 (Mon-Fri 10-19:00)

UK Domestic Violence helpline: 0808 2000 247
(24 hour)

More support through the winter:

Medical services

<p>For all medical concerns: Telephone 111, or visit www.nhs.uk/</p> <p>Botley Medical Centre: 01865 248719, 01865 730911 Flu jabs: phone after 11am to book a slot</p> <p>Lloyds Pharmacy: 01865 247023 (also does flu jabs)</p> <p>Woodlands Pharmacy: 01865 242649 (Prescription deliveries, also does flu jabs)</p>	<p>If you have coronavirus symptoms:</p> <ul style="list-style-type: none">• a high temperature• a new, continuous cough• a loss of, or change to, your sense of smell or taste <p>Get a test and stay at home (Check latest NHS advice on symptoms)</p> <p>Getting a COVID test www.gov.uk/get-coronavirus-test or call 119 (lines are open 7am to 11pm)</p>
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Food deliveries, low cost & free food, tackling food waste

Also see the Oxford food map: www.oxford.gov.uk/foodservicesmap

<p>Botley Community Larder: Delicious, low-cost, surplus food for the community for £3.50/week individual, £7/week family membership.</p> <ul style="list-style-type: none">• St Peter and St Paul Church Hall• Thursdays 3.00-5.30pm (timed slots)• Email: botleylarder@gmail.com <p>Support from Botley Co-op: Deliveries Tues & Thurs for Co-op members isolated at home, call 0800 435 902 before 1pm. Click & collect also available.</p>	<p>Botley Community Fridge: A fridge into which anyone can put food, and from which anyone can take food, reducing food waste.</p> <ul style="list-style-type: none">• In the lobby of St. Peter & St. Paul church, 81 West Way OX2 9JY• Mon-Sat 10-4, Sun 11-4. Open to all. <p>Oxford Mutual Aid Kitchen Collective: free reheatable meals Sign up: 07310 160595 or email: kitchencollective@oxfordmutualaid.org</p>
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Keep safe and warm in your home

<p>Help with Fuel Costs</p> <p>Better Homes Better Health: 0800 107 0044 www.bhbk.org.uk/ Financial help, grants available, advice on reducing energy bills and energy efficiency</p>	<p>Tenants help</p> <p>ACORN: Protecting tenants from unfair eviction oxford@acorntheunion.org.uk https://www.facebook.com/ACORNoxford/</p>
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More advice and support online

whitehorsedc.gov.uk/uncategorised/coronavirus-community-support/
northhinksey-pc.gov.uk/covid-19-community-hub/